TRICARE

Your Military Health Plan

Reserve Component TRICARE Benefits

Following Active Duty Service

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Eligibility

- Determined by Service/Reserve Component
  - Recorded in Defense Enrollment Eligibility Reporting System (DEERS)
  - DEERS is the key to unlock all TRICARE benefits
- Register or update information in DEERS
  - RC member
  - Family member
- Verify eligibility through Guard-Reserve Portal
  https://www.dmdc.osd.mil/Guard-ReservePortal

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Continued Health Care Benefit Program

- Premium-based health plan
- 18 months of coverage for transition to civilian life
- May purchase after loss of TRICARE coverage
  - TRICARE coverage ends upon release from active duty or end of TAMP, whichever is later
- Must purchase within 60 days of loss of coverage
- Contact Humana Military for information and enrollment
  - 1-800-444-5445
  - www.humana-military.com

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Transitional Assistance Management Program (TAMP)

- Available if activated in support of a contingency operation for more than 30 consecutive days
- Begins on day after separation date
- TRICARE for 180 days after leaving active duty
  - TRICARE Prime: Must re-enroll to continue coverage
  - TRICARE Extra: Active duty family member cost-shares apply
  - TRICARE Standard: Active duty family member cost-shares apply
  - TRICARE Prime Remote: No longer available
- Includes pharmacy coverage
- Verify eligibility through the Guard/Reserve Portal

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TRICARE Reserve Select*

- Voluntary health plan you may purchase
  - Monthly premiums are required
    - TRS Member only $75
    - TRS Member and family $233
- Eligibility conditions include
  - Activated in support of a contingency operation
  - Served on active duty for 90 days
  - Agree to continue service in the Selected Reserve before leaving active duty
- TRICARE Standard and Extra coverage
  - Coverage begins day after TAMP ends (Day 181)
  - Premiums, deductibles, and cost-shares apply

*Visit www.tricare.osd.mil/reserve/reserveselect for more information.

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TRICARE Pharmacy C

Type of Pharmacy	Generic	Brand Name	Non-Formulary
MTF (up to a 90-day supply)	$0	$0	$0*
TMOP (up to a 90-day supply)	$3	$9	$22
Network Retail (up to a 30-day supply)	$3	$9	$22
Non-network Retail Pharmacy (up to a 30-day supply)	†Non-TRICARE Prime: $9 or 20% †TRICARE Prime: 50% cost-share	†Non-TRICARE Prime: $9 or 20% †TRICARE Prime: 50% cost-share	†Non-TRICARE Prime: $22 or 20% †TRICARE Prime: 50% cost-share

*Not available in the MTF unless medical necessity is established.

†Deductibles apply.

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TRICARE Dental Program (TDP)

- Reserve Component Member
  - Automatically re-enrolled from TRICARE Dental Program (TDP) when released from active duty (if previously enrolled)
  - Space-available access to military dental treatment facilities (extremely limited availability)
- Family Members (can enroll at any time)
  - If already enrolled in TDP, premiums revert to full premium rate
  - If not previously enrolled, may enroll at full premium rate

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Uniformed Services Employment Reemployment Rights Act (USERRA)

- Health care protections include:
  - The right to elect to continue existing employer-based health plan for sponsor and dependent
  - Coverage for up to 24 months while on active duty
  - The right to be reinstated in employer's health plan when reemployed

- For more information
  - 1-800-336-4590
  - www.esgr.org

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Regional Contact Information

- **TRICARE South Region**
  - Humana Military Healthcare Services, Inc.
  - 1-800-444-5445
  - www.humana-military.com
- **TRICARE North Region**
  - Health Net Federal Services, Inc.
  - 1-877-874-2273
  - www.healthnetfederalservices.com
- **TRICARE West Region**
  - TriWest Healthcare Alliance
  - 1-888-874-9378
  - www.triwest.com
- **TRICARE Pacific**
  - 011-81-611-743-2036
  - www.tricare.osd.mil/overseas.index.cfm
- **TRICARE Latin America and Canada**
  - 1-706-787-2424
  - http://tricare15.army.mil
- **TRICARE Europe**
  - 0049-6302-67-7433/7434
  - www.europe.tricare.osd.mil

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Information and Assistance

- DEERS
  - Find the 3 closest ID card or personnel offices www.dmdc.osd.mil/rsl/
  - Bring proper documentation (e.g., marriage certificate, birth certificate, divorce decree, etc.)
  - Call 1-800-538-9552 for more information
- Eligibility
  - Determined by Service/Reserve Component
  - Reserve Affairs www.defenselink.mil/ra/
  - Verify though Guard/Reserve Portal: https://www.dmdc.osd.mil/Guard-ReservePortal
- Health Benefits
  - www.tricare.osd.mil/reserve or your TRICARE regional contractor
- TRICARE Dental Program
  - www.ucci.com or 1-800-866-8499

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